Leeds and York Partnership NHS

NHS Foundation Trust

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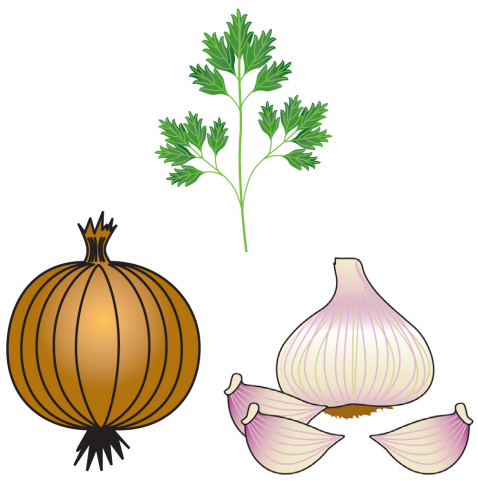
Chicken Curry - serves 3 people

INGREDIENTS

- 1 teaspoon olive oil
- 1 onion
- 2 garlic cloves
- 1 teaspoon ground ginger
- 3 tablespoons tikka paste
- 1 small bunch coriander leaves (washed)
- 3 chicken breasts, diced
- 400g can chopped tomatoes
- 100g **fat free** Greek yogurt
- 250mls water
- Cooked brown rice – 1 microwave pouch per 2 people or 2-3 tablespoons (cooked) per person

First **wash your hands** with soap and water



Chop the onion, garlic and coriander separately

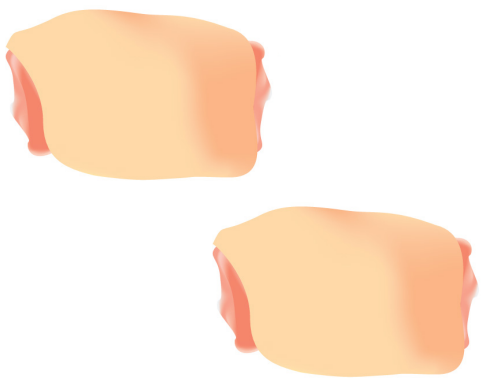
Using a separate chopping board and knife, **cut up the chicken breasts**

Always **wash your hands** after touching raw meat

Heat the olive oil in a saucepan

Add the **chopped onions** and cook on a low heat until soft

Add the **garlic and the ground ginger** and cook for 1 minute



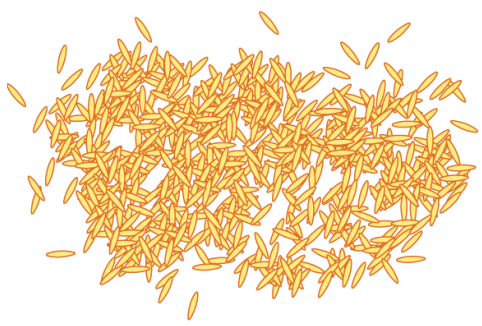
Add the **diced chicken** and cook for 5 minutes

Then add the **tikka paste,** the **tin of tomatoes** and **250ml of water**

Bring to the boil and then reduce to gentle simmer for **30 minutes**

Stir in the **yogurt** and **coriander**

Choose fat-free yogurt



Serve with cooked rice

Choose **brown rice** which is higher in fibre

Remember 1 portion = 2-3 tablespoons of cooked rice

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: **0113 8555049.** Email: **getcheckedoutleeds@nhs.net**